



Subacromial Decompression / Distal clavicle excision
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-2 weeks 2-3x/week HEP only	Sling Limited arm use, no lifting	Gentle PROM	AROM of the neck, hand/grip, wrist, elbow Pendulums
Phase 2: 2-4 weeks 2-3x/week Begin Therapy	Wean sling as tolerated	Full PROM as tolerated	Shoulder, Elbow PROM Wrist PRE's Soft tissue mobilization Supine wand External rotation Scapular Isometrics Shoulder isometrics for IR/ER/Ext Pulleys
Phase 3: 4-8 weeks 2x/week	none	Full PROM AAROM to AROM progressions	Wall walks, Wand AAROM Prone Scapular "I", "T", "Y" Advance to resisted IR, ER with bands **Do not push active motion through shoulder pain or "shrug sign"
Phase 5: 8-16 weeks 1-2x/week	none	Full	Advance strengthening: Scapula, RTC, deltoid, Biceps. Advance stabilization: scapula, glenohumeral Open and closed chain activity Around 12 weeks begin work, sports-specific training

MD post op appts.: 2 weeks, 6 weeks, 12 weeks, 5 months.
 Please send PT progress notes prior to each of these MD appts.
 This protocol is not a substitute for clinical decision making of the health care professional.
 Please see PT referral for any specific post op instructions.